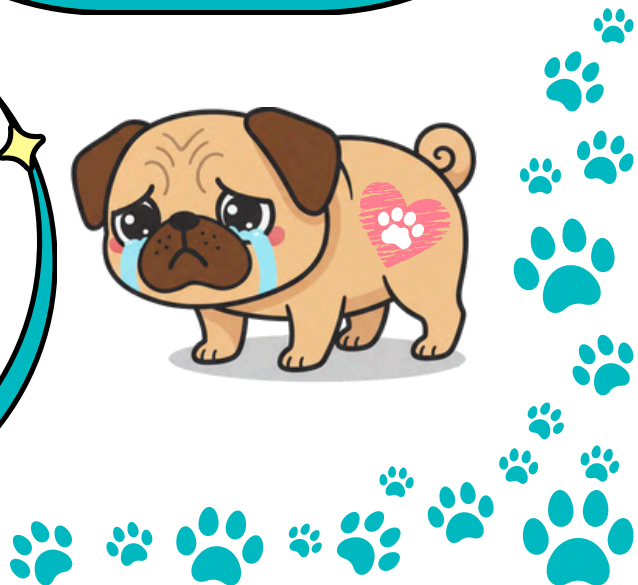
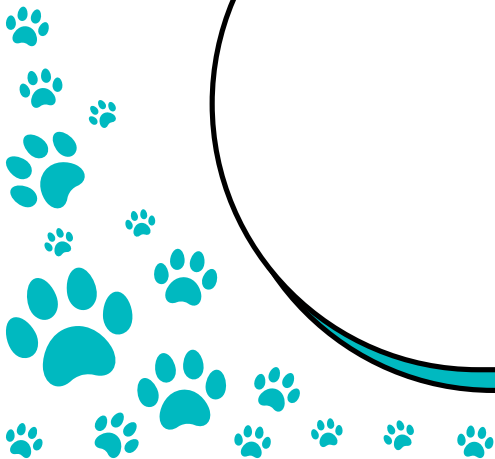
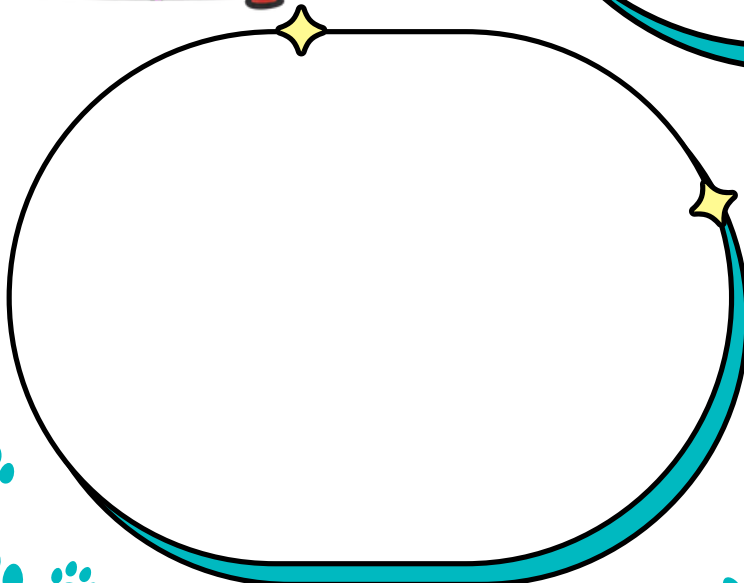
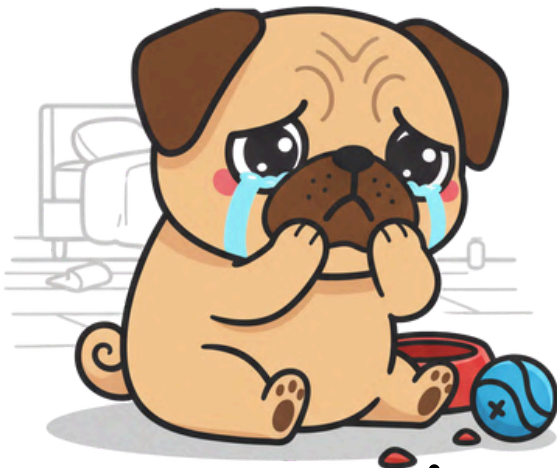
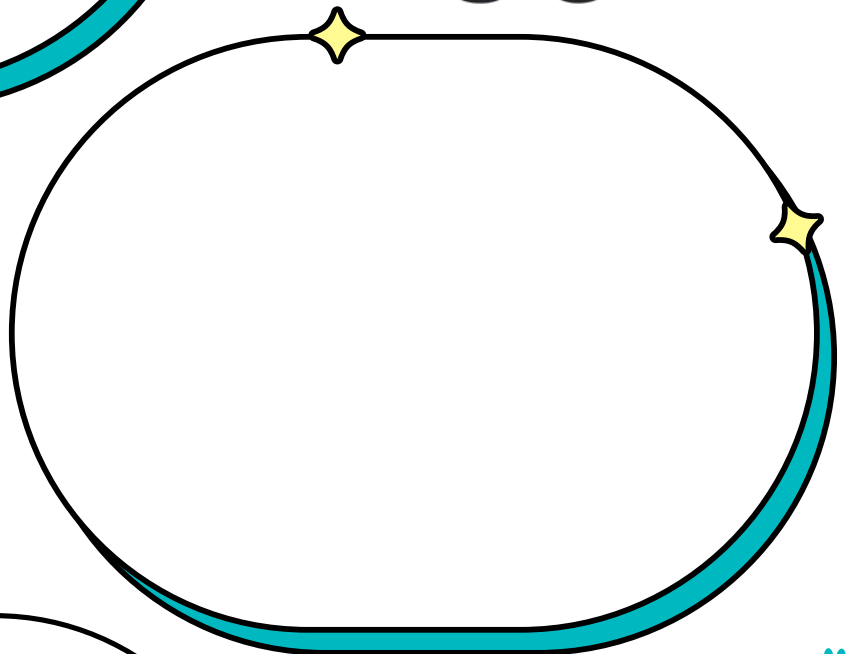
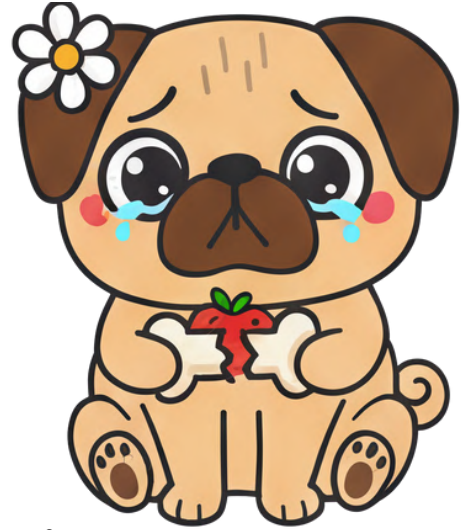
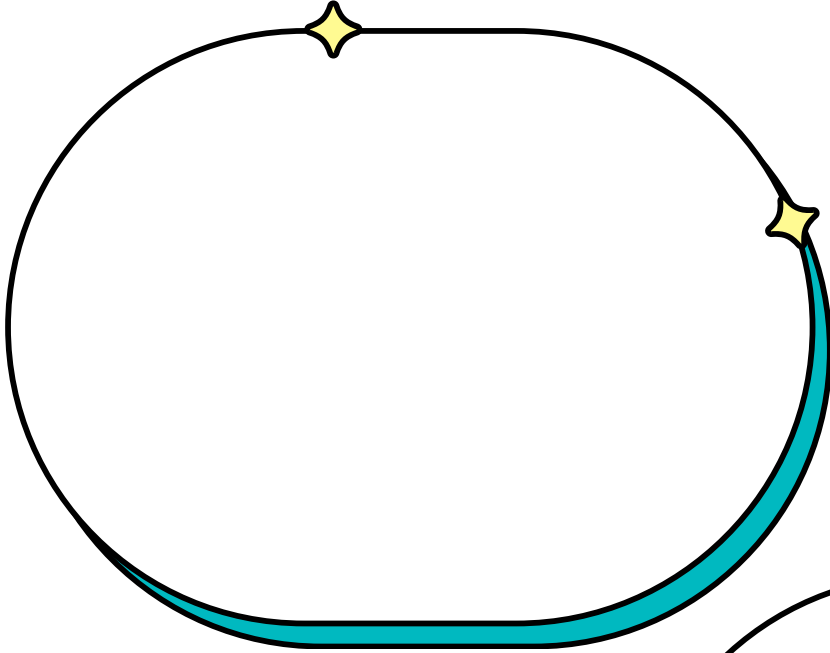


WHEN SOMEONE IS UNKIND

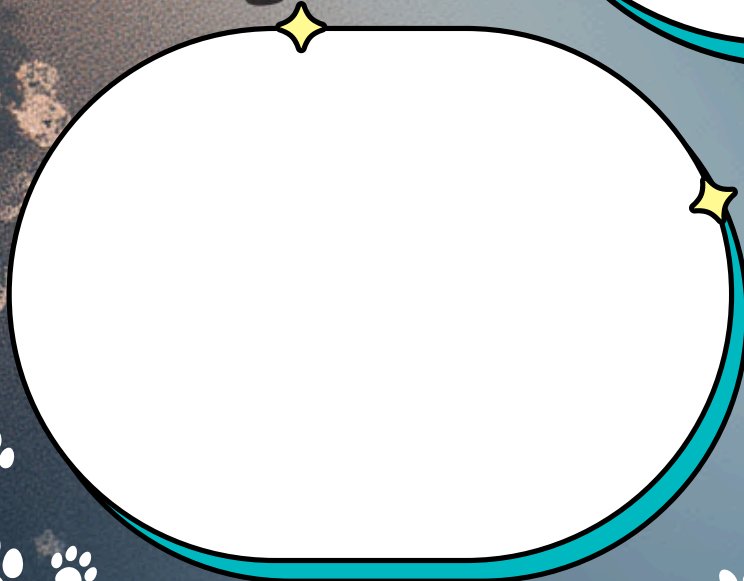
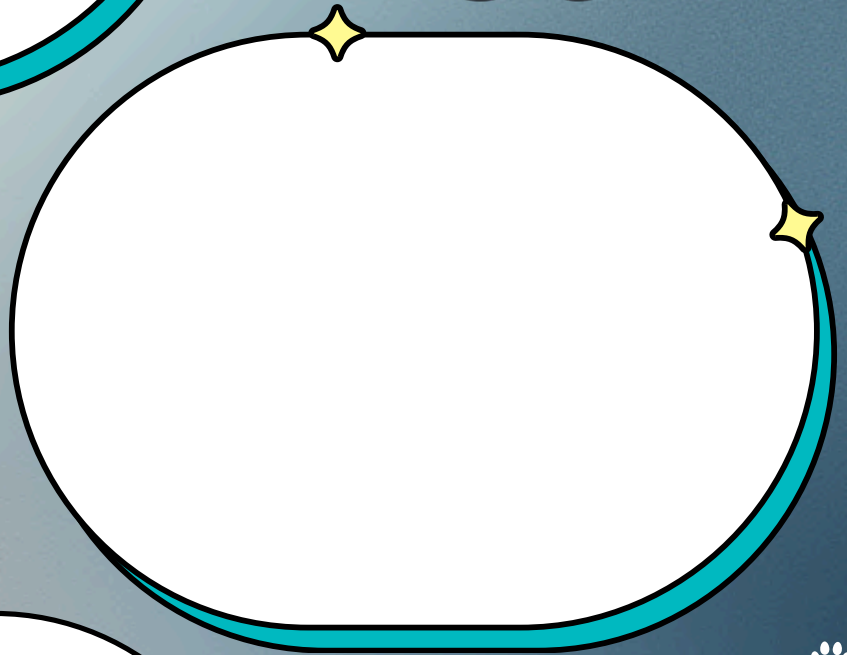
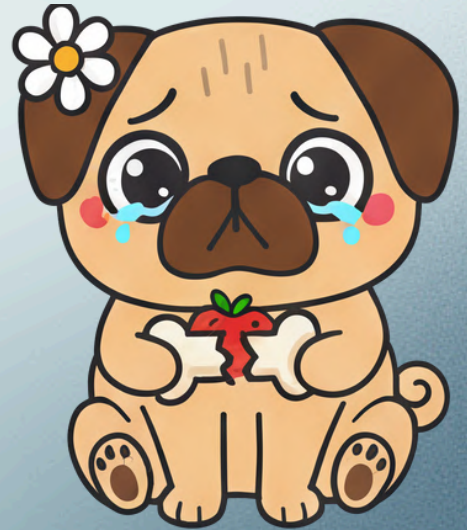
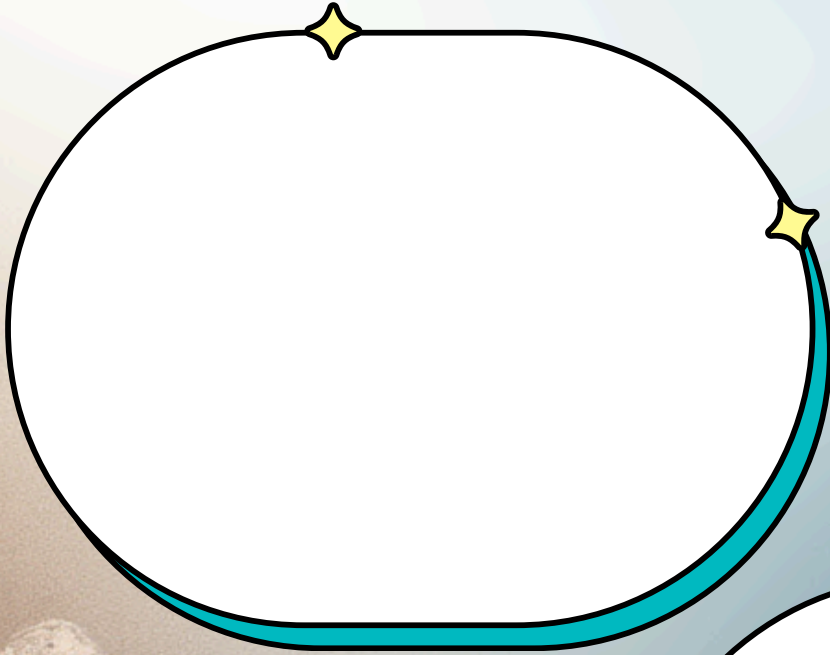
UNKIND

What can you do if someone is unkind to you?
Write or draw three things you could do in the boxes below.



WHEN SOMEONE IS UNKIND

What can you do if someone is unkind to you?
Write or draw three things you could do in the boxes below.



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About this Resource

When Someone Is Unkind is a free, printable PDF worksheet that helps children think about positive, safe, and constructive ways to respond when others are unkind. Using simple prompts and space to write or draw, it encourages reflection, problem-solving, and emotional awareness—empowering children to choose calm, confident reactions instead of responding with anger or hurt.

This resource can be used in classrooms, counselling sessions, or at home to support discussions about friendship, empathy, and resilience. It helps children identify trusted adults they can talk to, consider healthy coping strategies, and understand that everyone deserves to be treated with kindness and respect.

Perfect for PSHE or SEL lessons, the worksheet promotes emotional regulation and confidence-building by teaching that how we respond to unkindness can make a big difference. This free PDF encourages children to use their voice, seek support, and stay true to their values of respect, kindness, and self-worth.

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